



NBRC Gym Schedule

MARCH 1-20

| | Monday | Tuesday | | Wednesday | Thursday | Friday | Saturday | Sunday | | | | |
|---------|--|--|-----------------------------|--|--|--|------------------------------|---------------------------------------|----------------------------------|-----------------------|----------------------------------|----------|
| 6:00am | Open Gym 6:00-7:30 | Open Gym 6:00-7:45 | | Open Gym 6:00-7:30 | Open Gym 6:00-7:45 | Open Gym 6:00-7:30 | | | | | | |
| 6:30am | | | | | | | | | | | | |
| 7:00am | | | | | | | | | | | | |
| 7:30am | Drop-in Fit For Life 7:30-8:30 | Drop-in MRT 7:45-8:45 | | Drop-in Fit For Life 7:30-8:30 | Drop-in MRT 7:45-8:45 | Drop-in Fit For Life 7:30-8:30 | Open Gym 6:30-8:30 | Open Gym | | | | |
| 8:00am | Drop-in Pickleball 8:30-10:30 | | | Drop-in Pickleball 8:30-10:30 | | Drop-in Pickleball 8:30-10:30 | Barbell Circuit 8:30-9:30 | Drop-in CoEd Volleyball 8:00-12:00 | | | | |
| 8:30am | | | | | | | Drop-In Ayre 9:00-10:00 | | Drop-in Fit For Life 10:30-11:30 | Open Gym 8:45-1:00 | Drop-in Fit For Life 10:30-11:30 | Open Gym |
| 9:00am | | | | | | | | | | | | |
| 9:30am | | | | | | | | | | | | |
| 10:00am | Drop-in Fit For Life 10:30-11:30 | Open Gym 10:00-1:00 | | Drop-in Adult Basketball 11:30-1:30 | Drop-in Adult Basketball 11:30-1:30 | Drop-In Ayre 10:15-11:15 | | | | | | |
| 10:30am | | | | | | | | | | | | |
| 11:00am | | | | | | | | | | | | |
| 11:30am | | | | | | | | | | | | |
| 12:00pm | Drop-in Adult Basketball 11:30-1:30 | Drop-in Senior Basketball 1:00-2:30 | | Drop-in Adult Basketball 11:30-1:30 | Drop-in Senior Basketball 1:00-2:30 | Drop-in Adult Basketball 11:30-1:30 | Gonzo 11:30-1:00 end 3/15 | Open Gym 12:00-4:00 | | | | |
| 12:30pm | | | | | | | | | | | | |
| 1:00pm | | | | | | | | | | | | |
| 1:30pm | Open Gym 1:30-2:30 | Open Gym 1:30-3:30 | | Drop-in Senior Basketball 1:00-2:30 | Open Gym 1:30-2:30 | Open Gym 11:15-2:30 | Open Gym 12:00-4:00 | | | | | |
| 2:00pm | | | | | | | | | | | | |
| 2:30pm | | | | | | | | | | | | |
| 3:00pm | Drop-in All Ages Basketball 2:30-5:00 | Drop-in All Ages Bball 2:30-5:00 | Gonzo 2:30-5:00 Ends 3/8 | Drop-in All Ages Basketball 2:30-5:00 | Drop-in All Ages Basketball 2:30-5:00 | Gonzo Tennis 2:30-5:00 last day 3/15 | Open Gym | | | | | |
| 3:30pm | | | | | | | | | | | | |
| 4:00pm | | | | | | | | | | | | |
| 4:30pm | | | | | | | | | | | | |
| 5:00pm | Setup | Open Gym | | Setup | | Open Gym 5:00-7:30 | Open Gym 5:00-7:30 | Basketball Leagues 4:30-7:30 | | | | |
| 5:30pm | Drop-in HIIT 5:30-6:15 | Barbell Circuit 5:30-6:15 | | Drop-in HIIT 5:30-6:15 | Barbell Circuit 5:30-6:15 | | | | | | | |
| 6:00pm | Takedown | Women's Wkt 6:00-7:00 | | Open Gym | Women's Wkt 6:00-7:00 | | | | | | | |
| 6:30pm | Kickball 6:30-10:00 | Open Gym 7:00-9:30 | | Drop-in Adult Basketball 7:00-9:00 | Open Gym 7:00-9:30 | | | | | | | |
| 7:00pm | | | | | | | | | | | | |
| 7:30pm | | | | | | | | | | | | |
| 8:00pm | | | | | | | | | | | | |
| 8:30pm | | | | | | | | | | | | |
| 9:00pm | | | | | | | | | | | | |
| 9:30pm | | | | | | | | | | | | |

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)